

Vanier College Teachers' Association

News Bulletin 5, October 17, 2014



Occupational Health and Safety Week

October 20-24 is **Occupational Health and Safety Week** in Quebec. The theme this year is psychological health. By 2020, one in 5 workers will be seriously affected by workplace stresses. To mark this week, the VCTA is offering meditation to the whole community and 10 minute chair massage to teachers. The meditations are based on Mindfulness Based Stress Reduction

(MBSR) techniques. It is a guided body scan meditation which is great for beginners as well as long term meditators. Come to one session or all of them. We also invite teachers to take a few minutes out of their busy schedule to relax with the 10 minute chair massages. Even short breaks can make a huge difference!

October 20-24

Meditations: Morning: 8am (½hr) Mon/Wed/Thu in A320 / Tue in A458

: Afternoon: 5:30pm (½hr) Mon/Tue/Wed/Thu in A458

Chair Massage: Monday- Friday between 10am & 2pm in C101 and N171
(10 minute massage)

: Wednesday, October 29: 10am-2 pm in C101 and N171 (10 minutes)

Wednesday, Oct. 22, 2014

Universal Break: 12:30-2pm

Join the Picket Line!



Flu Shots: Don't forget to leave a message at 7053 if you are interested in getting a flu shot at Vanier.